

## EDUCATIONAL WORKSHOPS

All educational workshops are open to the public.  
Register online at [cancersupport.link/calendar](https://cancersupport.link/calendar)

## OCTOBER

**09** WEDNESDAY | 1:00–2:30 PM | IN-PERSON  
**Demystifying Hypnotherapy and How to Use It as a Healing Tool**

Learn how hypnosis and hypnotherapy can support your healing journey. These easy and simple-to-understand concepts can be used even on a daily basis to ease anxiety and stress.

**24** THURSDAY | 12:00 – 1:30 PM | IN-PERSON  
**Lunch and Learn: Breast Cancer Treatment in the 21st Century: Advances & Future Directions**

Join Dr. Emily Siegel, Breast Surgeon at USC, for this informative session that will give a brief introduction to current breast cancer care and the recent advances made. It will highlight the personalized nature of treatment today and will give insight into future goals. Please register to help us plan for lunch.

**29** TUESDAY | 12:00 – 1:30 PM | IN-PERSON  
**Lymphedema: What Is It and What Can You Do?**

Cancer surgeries, radiation treatments and other medical conditions increase the risk for lymphedema. Learn the basics of the lymphatic system, along with how to manage and treat lymphedema. A light lunch will be provided. Please register to help us plan for lunch.

**30** WEDNESDAY | 1:00 – 2:00 PM | IN-PERSON  
**Self-Hypnosis for Calming and Relaxing Mind & Body**

Join Certified Clinical Consulting Hypnotist, Carmela Tunzi, for a guided progressive relaxation, customized for individual needs.

Programs and formats are subject to change. Visit [cancersupport.link/calendar](https://cancersupport.link/calendar) or scan this QR code for the most up-to-date information.



## NOVEMBER

**7, 14, 21** THURSDAYS | 5:00 – 6:00 PM | HYBRID  
**Yoga for Sleep - 3 Week Series**

Yoga nidra (or the “yoga of sleep”) is the process of moving into a state of peaceful rest and relaxation. In this 3 session workshop, participants will learn gentle yoga stretches to prepare the body for rest and experience a guided meditation for deep relaxation and promotion of quality sleep.

**12** TUESDAY | 12:00 – 1:30 PM | IN-PERSON  
**Lunch and Learn: Restoration of Urinary and Sexual Function After Prostate Cancer Treatment**

Join Dr. Humberto Villarreal, Urologic Surgeon at City of Hope, who will provide an overview of critical conditions impacting prostate cancer survivors immediately after prostate cancer treatment with either surgery or radiation therapy. We will also have a discussion regarding established and emerging treatment options for the definitive management of these conditions.

## DECEMBER

**04** TUESDAY | 1:00 – 2:30 PM | IN-PERSON  
**Lunch & Learn: Blood Tests for Early Detection of Cancer**

Join Dr. Stephen Gruber, Vice President of City of Hope, for a presentation on how blood tests may be useful for the early detection of cancer; recent tests marketed to detect multiple cancers; and the potential benefits and the potential risks of these tests. Please register to help us plan for lunch.

**17** TUESDAY | 12:00 – 1:30 PM | IN-PERSON  
**Lunch & Learn: What to Expect When You’re Expecting Palliative Care**

Join Dr. Marwa Kilani, Medical Director of Palliative Care at Providence Holy Cross Medical Center, for a presentation on what palliative care is, how it differs from hospice care, and what to expect from palliative care services. Please register to help us plan for lunch.

## PLEASE NOTE

The Cancer Support Community Center will be closed for the holidays November 27 - December 1 and December 20 - January 5.

## SUPPORT GROUPS

Orientation and brief intake interview required.

Learn more at [cancersupport.link/start](https://cancersupport.link/start)

### Mondays

11:00a – 12:30p Patient Groups (Virtual)

6:00 – 7:30p Loss and Bereavement Groups (Virtual & In-Person)

6:00 – 7:30p Young Adult Patient & Survivor Group (Virtual)

1st Monday: 6:30-8:00p Multiple Myeloma Group (Hybrid)

4th Monday: 6:00-7:30p Survivorship Group (Hybrid)

### Tuesdays

10:30a – 12:00p Men’s Patient Group (Hybrid)

10:30a – 12:00p Women’s Patient Group (In-Person)

### Wednesdays

11:30a – 1:00p Patient Group (In-Person)

6:00 – 7:30p Patient Groups (Virtual & In-Person)

6:00 – 7:30p Family & Friends Group (In-Person)

6:00 – 7:30p Children’s Corner (In-Person)

1st Wednesday: 6:00-7:30p Life After Loss Group (In-Person)

### Thursdays

11:30a – 1:00p Early Stage Breast Cancer Groups (Virtual)

5:30 – 7:00p Armenian Group (In-Person in Glendale)

6:00 – 7:30p Patient Group (In-Person)

7:00 – 8:30p Patient Group (Virtual)

7:00 – 8:30p Family & Friends Group (Virtual)

1st Thursday: 7:00 – 8:30p Black Support Circle (Virtual)

### Saturdays

12:00 – 2:00p Grupo Fuerza y Esperanza (Hybrid)

## PROGRAMAS EN ESPAÑOL

### Grupo fuerza y esperanza

Todos los sábados, 12:00 – 2:00p (en persona y Zoom)

Grupo de apoyo semanal para pacientes y sus familiares.

### Yoga en español

Sábados, 5 de octubre, 2 de noviembre, y 7 de diciembre, 10:30 – 11:30a (en persona y Zoom)

Yoga en español con Ana María Delgado, Instructora Certificada de Yoga.

### Meditación guiada

Sábado, 12 de octubre, 10:30 – 11:30a (en persona y Zoom)

En esta clase la meditación guiada será ofrecida por Mikaila Henderson, una hipnoterapista certificada.

## ARTS AND CRAFTS

### Beyond “Happy Snaps”: Intro to Photography

Wednesdays, Oct 2, 16, 23, 30 11:00a – 12:30p | In-Person

Wednesdays, Nov 6, 13, 20 11:00a – 12:30p | In-Person

Wednesdays, Dec 4, 11, 18 11:00a – 12:30p | In-Person

An introduction to photography for people who want to explore images beyond “happy snaps.” Learn ways to make your photographs aesthetically pleasing and develop your own personal eye. No camera required.

### Beyond the Diagnosis: Art of Hope and Healing Workshops

Tuesday, October 22, 10:00a – 12:00p | In-Person

Monday, November 4, 10:00a – 12:00p | In-Person

Monday, December 9, 10:00a – 12:00p | In-Person

Make a visual representation of your experience of hope and healing using collage, paint, and patterns. Supplies will be provided. The pieces of art created during these workshops will be featured at the Baldwin Avenue Gallery’s Beyond the Diagnosis: Art of Hope and Healing exhibition from February 1-22, 2025.

### Remainders x CSC Arts and Crafts Series

This series is a collaboration with Remainders, a nonprofit focused on creative reuse and sustainability. All materials will be provided. Register to secure your spot!

Collage Project  
Thursday, November 14, 1:00 – 2:00p | In-Person

Alexander Girard Dolls  
Tuesday, December 3, 12:00 – 1:00p | In-Person

### Winter Wonderland Flower Arranging

Thursday, December 12, 1:00 – 2:00p | In-Person

Learn to create a beautiful arrangement with seasonal blooms that will bring winter holiday cheer. Space is limited, registration required.

### Entrenamiento de Fuerza

Sábados, 19 de octubre y 16 de noviembre, 10:30 – 11:30a (en persona y Zoom)

Esta clase consistirá de movimientos para la estabilización del centro, estiramiento y fuerza funcional para mejorar la fuerza y el equilibrio.

### ¡La Posada!

Sábado, 14 de diciembre, 10:30 – 11:30a (en persona)

Sigamos nuestras tradiciones. Empecemos nuestra temporada de fiestas con una gran posada. Habrá piñata, chocolatito caliente y actividades para toda la familia. Traiga su favorito platillo para compartir juntos.

Los programas y formatos son sujetos a cambios. Visite [cancersupport.link/calendar](https://cancersupport.link/calendar) para obtener la información actualizada.

## HEALTHY LIFESTYLE CLASSES

Yoga (Led by Certified Yoga Instructors)

Mondays, 9:00 – 10:00a (Virtual)  
Tatevik Sarkisian

Tuesdays, 11:00a – 12:00p (Hybrid)  
Korie Beth Brown

Thursdays, 11:00a – 12:00p (Hybrid)  
Korie Beth Brown

Saturdays, 10:00 – 11:00a (Virtual)  
Arlene Vidor

Primer sábado del mes - Yoga en español, 10:30 – 11:30a (en persona y Zoom)  
Ana Maria Delgado

Pilates Mixed Level Mat Class  
Mondays, 11:30a – 12:30p, (Hybrid)  
Jacque James, Certified Pilates Instructor

Feldenkrais  
Mondays, 4:00 – 5:00p (Virtual)  
Jenna Blaustein

Pilates  
Tuesdays, 12:00 – 1:00p, (Virtual)  
Kelly Etter, Certified Pilates Instructor

Focus on Fun! Photography  
Wednesdays, 2:00 – 4:00p (In-Person)  
Catherine Bicknell

Write Your (Poetic) Heart Out and Heal  
2nd Wed/mo, 3:00 – 4:00p (Virtual)  
Jenine Baines

Mindful Movement and Meditation  
3rd Wed/mo, 4:00 – 4:45p (Virtual)  
Viki Brown, Certified Life Coach and Embodied Movement Teacher

Parent-Child Taekwondo Workshop  
3rd Wed/mo, 5:00 – 5:45p (In-Person)  
Master Zach DeJohnette

Watercolor Painting  
Thursday, 9:00am – 12:00p (In-Person)  
Richard Gutschow

Mindfulness for Health  
Thursdays, 2:30 – 3:30p (Virtual)  
Sylvia Holmes

Complementary and Natural Therapies  
3rd Thurs/month, 5:30 – 6:30p (Virtual)  
Robert Chu, PhD, L.Ac., QME

Up, Down & Around: Cardio & Strength Training  
Fridays, 11:00a – 12:00p (Virtual)  
Charletha Tatum, Certified Fitness Instructor

Reiki Meditation  
2nd & 4th Fri/mo, 4:00 – 5:00p (Virtual)  
Kristina Nikols

Healing with Art  
Every other Sat, 11:30a – 12:30p (Virtual)  
Armie Pasa

## SPECIAL EVENTS

### Día de los Muertos

Monday, Oct 7, 5:00 - 6:00pm (In-Person)

Join us in the tradition of commemorating the lives of the dearly departed by dedicating a beautiful ofrenda (altar) in their honor and paying tribute to their memory. You are welcome to bring a picture of your loved one to place on the altar.

### Melodia Mariposa Presents: A Duo Violin Showcase

Tuesday, Oct 15, 6:00 - 7:00pm (In-Person)

Melodia Mariposa’s founder Irina Voloshina and professional musician Julie Rogers present an exquisite performance featuring masterful works by Bach, Telemann, Mozart, and Vivaldi. Registration required.

### Halloween Family Fun Night

Wednesday, Oct 30, 5:00 – 6:00pm (In-Person)

Family-friendly Halloween-themed crafts and snacks. Kids are welcome to wear costumes.

### A Taste For The Seasons

Wednesday, Nov 13, 1:00 – 2:00p (In-Person)

Gather in our kitchen to learn and bake recipes for health-conscious versions of classic holiday desserts.

### Love and Laughter

Tuesday, Nov 19, 6:00 – 7:00p (In-Person)

Enjoy an evening of PG-13 comedy with professional comedian, Jason Love and a couple of his closest friends, for laughter and joy! Each Love & Laughter features different, but equally hilarious, comedians.

### Holiday Party

Tuesday, Dec 10, 5:00 – 7:00p (In-Person)

Our annual holiday potluck with live music and a gift raffle. Register so we know how many tables and chairs to set up, and don’t forget to bring a dish to share!

### Winter Renewal Meditation and Sound Bath

Thursday, Dec 12, 6:00 – 7:00pm (In-Person)

Certified sound practitioner Chidimma Iheonu weaves soothing sounds together, creating harmonious vibrations that resonate through the body and mind.

## BENEFACTORS SOCIETY

CSC’s Benefactors Society recognizes the exceptional generosity of our compassionate supporters who share in the urgency of our mission and have chosen to make an annual commitment at a leadership level.

### BENEFACTORS

Melissa Alcorn/DFA Family Holdings

Rosemari Annear

Karen and Tom Capehart

Terri and Jerry Kohl

Shelley Allen and Bob Kohorst

Ellen and Harvey Knell \*

Dana and Mike Naples

San Marino Motor Classic

Lee and Mickey Segal

Georgia Seid

The Valenta Family

\*Lead Founding Benefactor

### PATRONS

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Bonnie and John DeWitt

The Havner Family Foundation

LeAnn and Michael Healy

Vicki Laidig

Gloria Podres and George Mack

Julia and Mark Meahl

Serge Melkizian

Julie and Scott Nesbit

Sue and Steve Ralph

Susan and Jack Reynolds

Marcia and Elliot Sainer

Susan and Steve Silk

Charlotte Streng

Susie and Brad Talt

Ruth C. Williamson, M.D.

The power of charitable giving at a leadership level cannot be overestimated.

We invite you to join our Benefactors Society! Find out more at: [cancersupport.link/BenefactorsSociety](https://cancersupport.link/BenefactorsSociety)

# GETTING STARTED

All programs and services are free of charge. An orientation is required to participate at Cancer Support Community.

## IN-PERSON ORIENTATIONS

Tuesdays, 11a  
Thursdays, 5p

## VIRTUAL ORIENTATIONS

Virtual orientations on Zoom may be scheduled on our website.

## VISIT

[cancersupportsgv.org/gettingstarted](http://cancersupportsgv.org/gettingstarted)



## Cancer Support Community Greater San Gabriel Valley is . . .

a safe space for all who are impacted by cancer to connect, share knowledge, and embrace hope. We walk alongside our participants and their medical team providing evidence-based knowledge and professionally-led psychosocial emotional support and activities as a proven method to enhance medical outcomes. We welcome patients, caregivers, survivors, families, and those experiencing loss

with kindness and understanding, ensuring that our community-funded programs, activities, and services are provided to all, at no cost.

## Health and Safety

CSC cares about the health of its community, many of whom are immuno-compromised. Please stay home if you are exhibiting signs of illness (i.e. fever, cough, sneezing). Face masks are highly recommended. Our facility is fragrance free.

## CANCER SUPPORT COMMUNITY STAFF

**Patricia Ostiller, JD, CFRE**  
Chief Executive Officer

**Alison G. Wong, Ph.D., LMFT**  
Program & Clinical Director

**Rachimah "Rae" Magnuson**  
Director of Events and Marketing

**Jan Cantwell**  
Senior Development Officer

**Lanie Trinh**  
Office Manager

**Melissa Parra**  
Community Engagement Manager

**Alexandra Cruz Switzer, MFA**  
Program Coordinator

**Sarah Fabian**  
Psychosocial Navigator

Connecting all who are impacted by cancer with hope, knowledge, and understanding.

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